



## Drinking in Season: Cranberry Crush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



1101 kcal

BEVERAGE

DRINK

### Ingredients



1 Dash angostura bitters



0.5 ounce cinnamon



2 cinnamon sticks



6 cranberries fresh



2 cranberry-orange relish



0.5 ounce orange juice freshly squeezed



1 cup sugar



1 cup water

☐ 2 ounces irish whiskey

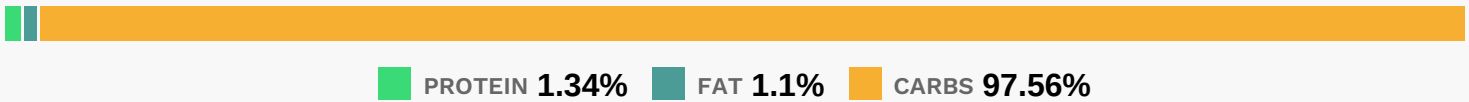
Equipment

☐ sauce pan

Directions

- ☐ To make the cinnamon syrup: combine 1 cup water and 1 cup sugar in a small saucepan over medium heat, stirring to dissolve the sugar.
- ☐ Add 2 cinnamon sticks and simmer for about 10–12 minutes.
- ☐ Remove from heat and let cool. Strain out the cinnamon sticks and store in the refrigerator for up to two weeks.
- ☐ Combine the cranberries, cinnamon syrup, orange juice, 1 orange peel and bitters in a cocktail shaker. Firmly muddle the cranberries 10–12 times until fully disintegrated.
- ☐ Add whiskey and fill the shaker with ice. Shake vigorously for 10 seconds.
- ☐ Add one ice cube to a rocks glass and strain cocktail into it.
- ☐ Garnish with remaining orange peel.

Nutrition Facts



Properties

Glycemic Index:234.59, Glycemic Load:151.37, Inflammation Score:-8, Nutrition Score:20.385652127473%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.95mg, Peonidin: 2.95mg, Peonidin: 2.95mg, Peonidin: 2.95mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 73.09mg, Hesperetin: 73.09mg, Hesperetin: 73.09mg, Hesperetin: 73.09mg Naringenin: 40.44mg, Naringenin: 40.44mg, Naringenin: 40.44mg, Naringenin: 40.44mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg

Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 1101.09kcal (55.05%), Fat: 1.25g (1.93%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 249.89g (83.3%), Net Carbohydrates: 232.12g (84.41%), Sugar: 226.19g (251.32%), Cholesterol: 0mg (0%), Sodium: 16.21mg (0.7%), Alcohol: 20.86g (100%), Alcohol %: 3.31% (100%), Protein: 3.43g (6.87%), Manganese: 3.8mg (190%), Vitamin C: 148.12mg (179.53%), Fiber: 17.78g (71.1%), Calcium: 328.11mg (32.81%), Folate: 84.18µg (21.05%), Potassium: 603.2mg (17.23%), Vitamin B1: 0.25mg (16.71%), Vitamin A: 683.92IU (13.68%), Copper: 0.26mg (12.95%), Iron: 2.18mg (12.1%), Magnesium: 43.19mg (10.8%), Vitamin B6: 0.2mg (9.99%), Vitamin B2: 0.16mg (9.26%), Vitamin B5: 0.78mg (7.75%), Vitamin E: 1.05mg (6.98%), Vitamin K: 6.92µg (6.59%), Vitamin B3: 1.11mg (5.56%), Phosphorus: 55mg (5.5%), Selenium: 3.19µg (4.55%), Zinc: 0.64mg (4.26%)